



G.V. (Sonny) Montgomery VA Medical Center

to care for him who shall have borne the battle and his widow, and orphan

FOCUSED ON YOU

JULY 2020

G.V. (Sonny) Montgomery VA Medical Center Partners with the YMCA

On July 6, 2020, a ribbon cutting ceremony was held at the Family YMCA in Flowood, Mississippi, to celebrate the signing of a Memorandum of Understanding (MOU) between the G.V. (Sonny) Montgomery VA Medical Center and the YMCA.



Dr. David Walker along with staff from the Medical Center and YMCA cutting the ribbon

The MOU outlines the terms, conditions and services that will be provided by VA employees of the G.V. (Sonny) Montgomery VA Medical Center (GVSM VAMC), Jackson Mississippi. The Flowood Family YMCA, located at 690 Liberty Road, Flowood, MS. 39232, will serve as the Hub site for the purpose of exercise therapy, aquatic therapy, physical therapy, occupational therapy, recrea-

tion therapy treatment, Tai Chi, Yoga and training for participation in the national Veterans games. The Metropolitan YMCAs of Mississippi will allow GVSM VAMC assigned employees to use their facilities and shared space for the purpose of programming for VA approved treatment and service for Veterans receiving care at the Medical Center.

“Signing the MOU allows Veterans the opportunity to utilize the space and the equipment to train for VA’s National Veterans Sports Programs and Special Events.” said Devonda Elliott, PsyD., Chief of Recreation Therapy. “This partnership will also encourage Veterans to become healthier, and promote team work while interacting with peers in a family like setting, with fitness being the primary goal.”

Veterans requiring aquatic therapy will need to be referred by their medical provider. Voluntary Service will cover the cost, up to two months, for any Veteran referred to utilize the YMCA.

VA physical therapist Devin Pack and occupational therapist April (Brooke) Kertis will provide aquatic therapy and Dr. DeVonda Elliott with work with Veterans to train for VA’s adaptive sports programs.

VA/YMCA Partnership (Continued)



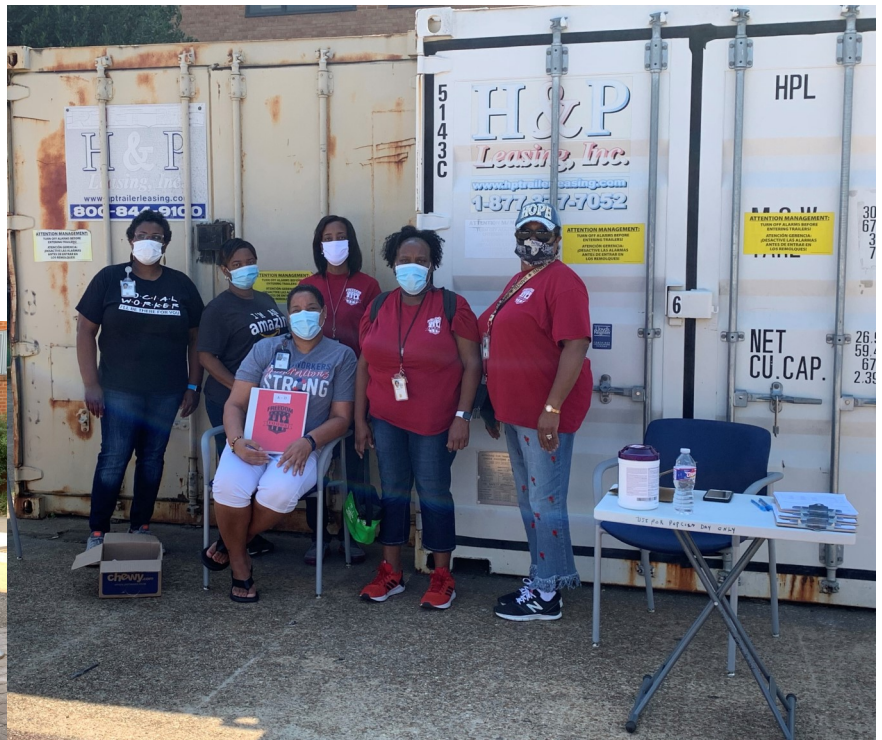
Pictured left to right: physical therapist Devin Pack; occupational therapist April (Brooke) Kertis; Devonda Elliot, PsyD, Chief of Recreation Therapy; and Tony Bailey, Acting Chief of Voluntary Service

Dr. Rita Harvey, Deputy Chief of Staff and former Chief of Physical Medicine and Rehabilitation agrees that this partnership is important, “by allowing the Medical Center to offer services in the community, it opens doors for continued wellness and fitness maintenance at the Veterans convenience. It is a win, win situation.”

First Drive Thru Food Pantry Held on June 20, 2020

After temporarily suspending our food pantry service to Veterans due to the coronavirus pandemic, we were able to host a drive-thru food pantry on June 20. Veterans remained in their vehicles, while volunteers and staff confirmed eligibility and distributed food items including milk, fruit, chicken and canned goods to more than 320 Veterans.

Future drive thru food pantries will be held on the 3rd Saturday of each month from 10 a.m.—1 p.m. until further notice. Veterans must be enrolled in the G.V. (Sonny) Montgomery VA Medical Center and meet SNAP eligibility requirements.



For more information regarding the food pantry, contact Voluntary Service at 601-209-1043.

What you need to know about Coronavirus (COVID-19)





This [guide](#) will help you learn how to use your VA health care benefits during this pandemic and will provide links and resources you can reference to protect yourself and others.

VA's COVID-19 Response: [By the Numbers](#)

Whole Health Can Help You Meet Your Goals

You don't have to wait until something is wrong to focus on your well-being. VA's Whole Health approach can help you develop a personal health plan to meet your goals. "Seeing the growth and the care that Whole Health brings, you're going to realize things about yourself that you never thought you were okay to explore before, and you'll be happier and healthier at the end of it," says Christina, an Air Force Veteran. Watch this video to learn how to #LiveWholeHealth <https://www.youtube.com/watch?v=5Y7rjgDAW4A>







Whole Health Resources for Veterans

Resource	Website Address	QR Code
Whole Health Internet Site 	https://www.va.gov/WHOLEHEALTH/index.asp VA's main site for all things Whole Health. Whole Health is VA's cutting-edge approach to care that supports your health and well-being. Be sure to bookmark this site for future reference!	
#LiveWholeHealth – Self Care for Veterans 	https://www.blogs.va.gov/VAntage/tag/livewholehealth/ VA's ongoing self-care blog series highlights Whole Health resources—such as video sessions for yoga or meditation—that you can follow along at home. New videos are published on a regular basis to the Vantage Point website.	

Whole Health Resources for Veterans (Continued)

<p>Circle of Health</p> 	<p>https://www.va.gov/WHOLEHEALTH/circle-of-health/index.asp</p> <p>Looking for support to improve your health within one or more areas? The Circle of Health illustrates the big picture connections between your health and other aspects of your life. This site offers a wide range of helpful materials, organized by each Circle of Health component.</p>	
<p>Discover What Matters.</p> <p>Live Whole Health</p> <p>(1-minute Video)</p> 	<p>https://www.youtube.com/watch?v=Rq1UcOPrT70</p> <p>“Discover What Matters” outreach video highlights how Whole Health puts Veterans at the center of their care, helping you make more informed decisions, adopt healthy behaviors, have positive patient encounters, and achieve better health outcomes.</p>	
<p>Veteran Whole Health Education Handouts</p> <p>WHOLE HEALTH: INFORMATION FOR VETERANS</p> <p>Whole Health: It Starts With Me</p> 	<p>https://www.va.gov/WHOLEHEALTH/veteran-handouts/index.asp</p> <p>Veteran Whole Health education handouts help to support the Whole Health journey. This site offers a wide range of helpful materials, organized around each component of self-care in the Circle of Health.</p>	
<p>Whole Health Videos</p> 	<p>https://www.va.gov/WHOLEHEALTH/video/videos.asp</p> <p>Learn about the core concepts of Whole Health and each area of the Circle of Health.</p>	
<p>Whole Health Mobile Apps and Online Tools</p> 	<p>https://www.va.gov/WHOLEHEALTH/veteran-resources/MobileApps-OnlineTools.asp</p> <p>Use these Web-based and mobile tools to support your Whole Health. The list includes resources developed within the VA as well as publicly available resources.</p>	

Whole Health Resources for Veterans (Continued)

<p>Online Whole Health Library</p> 	<p>https://wholehealth.wisc.edu/</p> <p>This website was created for clinicians who work with Veterans, but our resources can support everyone in their journey toward optimal health.</p>	
<p>Other Important VA Links</p>		
<p>Women Veterans Health Care</p> 	<p>https://www.womenshealth.va.gov/</p> <p>Learn more about the changing face of women Veterans and what VA is doing to meet their health care needs.</p>	
<p>VA Mental Health Care</p> 	<p>https://www.mentalhealth.va.gov/</p> <p>VA has resources to address the unique stressors and experiences that Veterans may face — and we're just a click, call, text, or chat away. We're here to help no matter how big or small the problem may be.</p>	
<p>Veterans Crisis Line</p> 	<p>https://www.veteranscrisisline.net/</p> <p>The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. If you are in crisis and need to speak with a crisis responder, please call 1-800-273-8255 and Press 1.</p>	

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Choose VA